



HEBREWS 12:12-29

LOOK UP AND KEEP RUNNING

Main Theme

God uses discipline to train His children. Our response is to strengthen what is weak, pursue peace and holiness, guard our hearts from bitterness, look up to what we have in Christ, and listen to the God who speaks.

Key Verse - Hebrews 12:28

"Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with reverence and godly fear."

Name:

Date:

Use the blanks and note spaces to capture what the Lord is showing you.

1. Strengthen the Weary

Hebrews 12:12-13

- Strengthen the hands which hang down and the feeble knees. God has not been training us so that we stay down, but so that we get back up and keep walking.
- Make straight paths for your feet. The way we walk through hardship affects more than us; weaker believers may be watching and following.
- Our perseverance can become part of another believer's healing and restoration.

Follow Along

God has not been training you so that you can stay on the _____. He has been training you so that you can get back up and walk _____.

Notes

2. Pursue Peace and Holiness

Hebrews 12:14

διώκω (diōkō)

Pursue - actively go after; strive toward a goal.

ἁγιασμός (hagiasmos)

Sanctification, holiness, consecration - the process and result of being set apart for God.

- Pursue peace with people, but never at the expense of holiness before God.
- Sanctification is God progressively setting us apart from sin and making our lives more like Christ.
- The Christian life is not perfection, but there should be progress.

Follow Along

Peace with people is important, but _____ before God comes first.

Notes

3. Guard Your Heart from Bitterness

Hebrews 12:15-17

- God's grace does not fail. We can become so focused on discomfort, comparison, or correction that we fail to receive and respond to the grace He is giving us.
- Bitterness often begins quietly, like a root below the surface, but eventually it causes trouble and affects others.
- Jesus' parables warn us how easily grace given to someone else can feel unfair when we start keeping score.
- Esau became the warning: he treated something sacred as common and traded lasting spiritual privilege for immediate satisfaction.

Grace and Mercy

Grace: God giving what is not earned.

Mercy: God not giving what is deserved.

Follow Along

Bitterness can make temporary _____ look more valuable than eternal spiritual _____.

Esau - Regret or Repentance?

- Esau wanted the blessing back, but tears could not undo the decision he had made.
- There is a difference between “I hate what this has cost me” and “Lord, I hate what this has done to my relationship with You.”
- Do not trade what is eternal for something that only satisfies you today.

Personal Reflection

Where am I most tempted to compare God's work in my life with His work in someone else's life?

Is there any root of bitterness I need to bring before the Lord?

4. Look Up - From Sinai to Zion

Hebrews 12:18-24

MOUNT SINAI

Old Covenant / Law
Fear and trembling
Boundaries and distance
The holiness of God and seriousness of sin

MOUNT ZION

New Covenant / Grace in Christ
The heavenly Jerusalem
Access to God through Jesus
A kingdom and city that endure

- At Zion are innumerable angels, the church of the firstborn registered in heaven, God the Judge of all, the spirits of just men made perfect, and above all Jesus, the Mediator of the new covenant.
- Abel's blood cried for justice. Jesus' blood speaks a better word: mercy, forgiveness, and access to God.
- The Hebrew believers were tempted to go backward. Why return to distance when Christ has given you access?

Follow Along

Why return to distance when Christ has given you _____?

When the race gets hard...

- Remember where this race is taking you.
- Remember your name is written in heaven.
- Remember the heavenly city God has prepared for His people.
- Remember Jesus is there.
- Look beyond today's pain to the eternal future God has prepared.

Notes

5. Listen to the One Who Speaks

Hebrews 12:25-29

- “See that you do not refuse Him who speaks.” The danger is not that God has failed to speak clearly; the danger is that we refuse to listen.
- At Sinai God's voice shook the earth. A final shaking will remove everything temporary so that what is eternal remains.
- We are receiving a kingdom which cannot be shaken.
- Grace produces gratitude and enables us to serve God acceptably with reverence and godly fear.
- “Our God is a consuming fire.” Grace has not made God less holy, and the New Covenant has not made sin less serious.

Follow Along

Hold loosely to everything that can be _____. Hold tightly to the kingdom that cannot be _____.

Closing Summary

1	Listen when God speaks.
2	Hold loosely to everything that can be shaken.
3	Hold tightly to the kingdom that cannot be shaken.
4	Receive God's grace with gratitude.
5	Serve Him with reverence, because our God is still holy.

Discussion / Reflection

1. What has become weak or discouraged in your walk that needs to be strengthened?
2. Where are you being called to pursue peace without compromising holiness?
3. What signs of bitterness or comparison do you need to guard against?
4. What temporary thing is most likely to distract you from eternal priorities?
5. How does remembering the heavenly city and the unshakable kingdom help you endure today?
6. What would it look like for you to serve God with greater reverence this week?

